

# **Tobacco Use Among Trainees**

**FILL IN INSTALLATION NAME  
HERE**



# **Why Does the Army Care?**

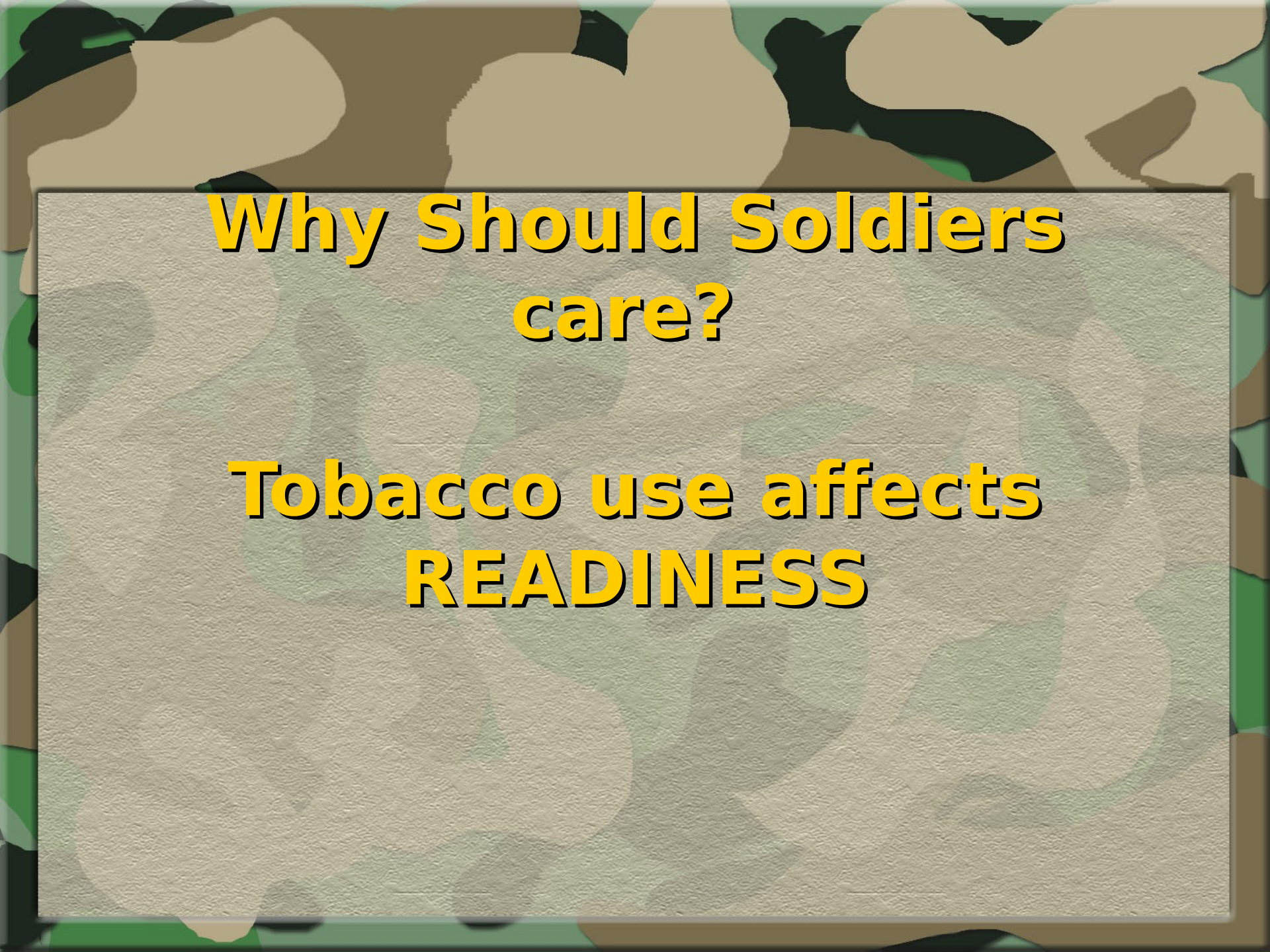
- **Tobacco use - #1 Preventable cause of death in America**
- **Over 400,000 die each year- more than car accidents, alcohol, homicides, AIDS, illegal drug, suicides, and fires all COMBINED**



# **Why Should Soldiers care?**

- **Tobacco use hurts your strength, stamina and endurance**
- **Your body continues to suffer from the affects of tobacco for hours after your last puff or chew**
- **You will never reach your peak performance if you use tobacco**



The background of the slide is a camouflage pattern with shades of green, brown, and tan. A semi-transparent white rectangular box is centered on the slide, containing the text.

**Why Should Soldiers  
care?**

**Tobacco use affects  
READINESS**



# **How Does Tobacco Use Affect Readiness?**

- **Tobacco users get more training injuries**
- **Tobacco users have more cold weather injuries**
- **Healing time is longer for injuries**
- **Tobacco users have more sick call visits**



# **How Does Tobacco Use Affect Readiness?**

- **Nicotine in tobacco makes you shaky and reduces hand-eye coordination**
- **Immediately after every puff, the airways leading to your lungs get narrower**
- **You get less oxygen with each breath you take. That hurts your physical performance**



# **How Does Tobacco Use Affect Readiness?**

- **Your strength, endurance, and stamina suffer with every puff or dip**
- **Your body suffers for hours after you finish smoking or chewing**



# **Tobacco Use in the Field**

- **You give away your unit's position when you light up**
- **Tobacco use decreases night vision**
- **Even a small cigarette butt can identify you as an American soldier, and tobacco odors can be smelled from very far away.**



# **Tobacco Use During Training**

- **Tobacco use is NOT PERMITTED during training.**
- **FILL IN WHAT HAPPENS IF CAUGHT USING TOBACCO AT INSTALLATION**



# **DOLLARS UP IN SMOKE**

**LEVEL OF SMOKER  
HAD**

**WOULD HAVE**

**1 PACK A DAY**

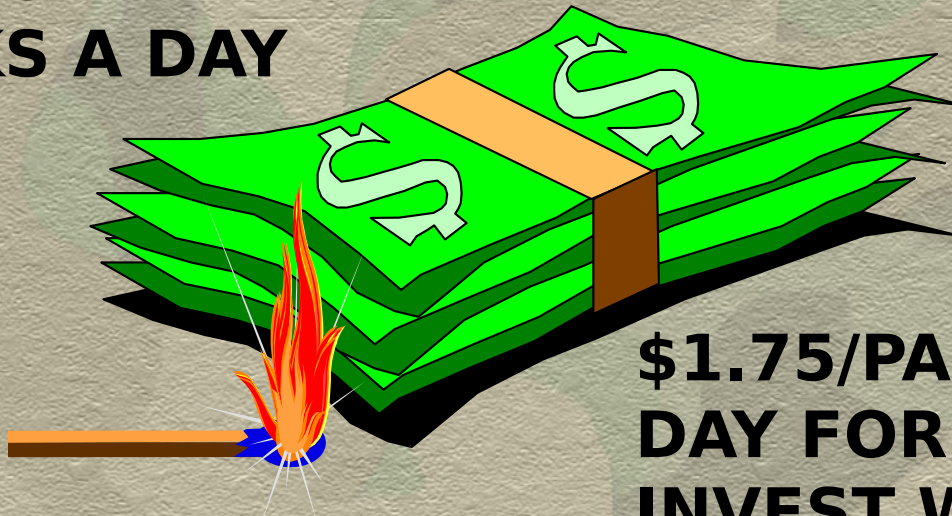
**\$169,325**

**2 PACKS A DAY**

**\$338,650**

**3 PACKS A DAY**

**\$507,976**



**\$1.75/PACK EVERY  
DAY FOR 50 YEARS  
INVEST WEEKLY @ 5.50%  
INTEREST (SAVINGS  
ACCOUNT)**



**Warning: Smoking may  
damage your sex life.**



**Smoking causes sexual impotence.**



# **Smokeless Tobacco: Just as Dangerous as Smoking**

- **28 known carcinogens in smokeless**
- **Users 4 to 6 times more likely than nonusers to develop cancer of mouth, throat**
- **Fifty times more likely to develop cancer of the gums and lining of the cheek**



# **Smokeless Tobacco: Just as Dangerous as Smoking**

- **Highly addictive due to high nicotine content — 3 to 5 times the nicotine in a pack of cigarettes**
- **Raises risk of high blood pressure, other cardiovascular diseases**



# **Tobacco Cessation Program**

- **FILL IN WITH INFORMATION  
SPECIFIC TO INSTALLATION OR  
DELETE SLIDE**



# Army Policy

- **Smoking of tobacco products is prohibited in all DA-occupied workplaces. The workplace includes any area inside a building or facility over which DA has custody and control where work is performed by military personnel, civilians, or persons under contract to the Army.**



# **Army Policy cont.**

- **Smoking of tobacco products is prohibited in all military vehicles and aircraft and all official vans and buses.**
- **Indoor designated smoking areas are prohibited.**
- **Outdoor smoking areas will be at least 50 feet from common points of ingress/egress and will not be located in areas used by nonsmokers**



# **Army Policy cont.**

- **Cadre and faculty of ANY military school will not use TOBACCO PRODUCTS in the presence or view of students while on duty.**
- **Commandants will evaluate their policies and practices to eliminate conflicting messages on tobacco.**



# Health and Wellness Center

- **FILL IN INFORMATION SPECIFIC TO INSTALLATION OR DELETE SLIDE**



# QUESTIONS?

- **FILL IN POC INFORMATION HERE**